

Courtesy Copy: OWL -- OSSM Weekly Letter

Oklahoma School of Science and Mathematics <OSSM@public.govdelivery.com>

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To: Anusha Fathepure <Anusha.Fathepure@ossm.edu>; Linda Waters <linda.waters@ossm.edu>

This is a courtesy copy of an email bulletin sent by Linda Waters.

This bulletin was sent to the following groups of people:

Subscribers of Main Campus Faculty and Staff or Students 2020-21 Academic Year who answered "Cohort 2022" or "Cohort 2023" to "Cohort" (119 recipients)



OSSM Student News: Issue #11, November 4, 2021



Managing Stress!

OSSM is known for its rigorous academics, and the end of a grading period can be especially stressful for students. Here are some tips to help you manage stress:

1. Exercise
2. Stretch
3. Take deep breaths
4. Eat well
5. Slow Down
6. Take a Break
7. Make time for hobbies
8. Talk about your problems



It was a spooky Halloween! Congratulations to the winners of the costume contest. First place mask winner: Yuehuan Ting. First place costume winner: Roselyn Ybarra.

Wanting to Check out old Newsletters?

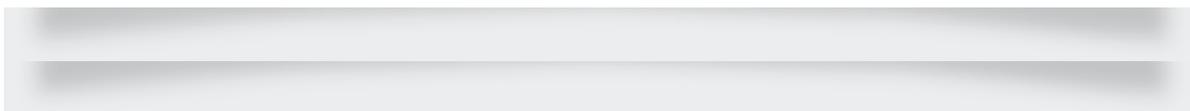
There's a new resource page for OSSM students that includes test registrations, archives of the OWLnewsletter, the handbook, etc. under Student Resources and Handbook on the OSSM website

- 9. Ease up on yourself
- 10. Eliminate your triggers.

This information is from WebMD. Please visit its [website](#) for more details and advice.



Charlie and the Chocolate Factory at the OKC Civic Center on Sunday.



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